

Postoperative Instructions: Zygomatic Implants

Pain

- If you are medically able, take ibuprofen (Advil®, Motrin®) and Acetaminophen (Tylenol®). Start with 600mg ibuprofen and alternate with 500mg acetaminophen every three hours so that each medication is taken on its own 6-hour schedule.
- If you are given stronger pain medication, please take it as directed in addition to the ibuprofen and acetaminophen.
- Writing down the medication taken, dose, and time assists in limiting confusion.
- Start taking the first ibuprofen dose as soon as possible after the procedure.

Bleeding

- Do not swish, spit, or use straws for 24 hours following your procedure.
- Bite down with firm pressure on the gauze that is placed over the surgical site. Change every 45 minutes as needed.
- As the gauze turns pink, it can be removed. Call our office if bleeding does not stop/is filling your mouth rapidly with blood after several gauze changes.
- Remove gauze when eating/drinking and replace as needed if bleeding still occurs at the surgical site.
- Do not sleep with gauze in your mouth.
- Bloody nose can occur after the procedure for the first two weeks.

Swelling and Bruising

- Swelling can be expected to increase during the first 48 hours after the procedure and peaks in 48–72 hours with a gradual reduction over a week. Swelling may include around the cheeks/eyes.
- Apply ice to the surgical site for the first 48 hours if needed, 20 minutes on and 20 minutes off. Be sure to place a towel or barrier between the skin and the ice pack so the skin is not burned.
- Elevating the head with pillows when sleeping is helpful during the first 2–3 days.
- Bruising of the eyes can appear for approximately 10 days–2 weeks.

Sinus Precautions

- Limit nose blowing for 3 weeks. If you must sneeze, do so with your mouth open. This will equalize the pressure between the mouth and the nose and reduce unintended airflow through the surgical site.

Diet

- Soft food, non-chew diet for 3 months following the procedure. Do not eat hard, crunchy, chewy foods during the healing process.

Oral Hygiene

- Resume normal brushing and oral hygiene the day after surgery.
- Begin gentle rinsing 24 hours after the procedure after meals with regular tap water or salt water. If you were given a medicated mouth rinse, use this morning and evening for one week starting 24 hours after the procedure.
- Avoid smoking as it limits and delays healing.

Antibiotics

- If you were given an antibiotic, take it as prescribed until completed.

Activity

- Limit strenuous activity following the procedure and gradually increase as you feel more comfortable.